

Fairfax County  
Services for Organizations Serving

# Older Adults

How Can We Help



Department of Family Services



This guide is available in alternative formats, such as large print or Braille, upon request. Allow seven days for preparation of the material. This document is also available in Korean, Vietnamese, Spanish, Arabic, Farsi, Urdu and Chinese. Please call the Area Agency on Aging at 703-324-7746; TTY 703-449-1186.

For general information about any Fairfax County government services, call 703-324-3185; TTY 703-324-2935. Additionally, visit our Web site at [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov)

**Do you have a senior group?  
Are you interested in starting one?  
If so, Fairfax County can help.**

- Need speakers or brochures?
- Do you need a meeting space or transportation?
- Want information about how to develop proposals and apply for county grants?
- Do you want to be an information center?
- Do you want to publicize your organization or help your seniors get news for seniors?
- Or do you simply need more information about aging services in the area?

**This guide gives you an idea of the ways Fairfax County  
can support organizations serving seniors.**

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## **Need Information about Senior Issues or Services?**

### **The County Can Help with Brochures/Videos/DVDs/Speakers**

Fairfax County has information about county programs and about topics of interest to senior adults. The county can provide brochures, can loan videos, and can often provide speakers for meetings. Before you contact Fairfax County for a brochure, video, or speaker, please ask yourself the following:

What does your group most want to learn about?

- Adult day care and respite care services
- Assistive technology
- Choosing an in-home care provider
- Community meal programs
- Elder care and work: finding the balance
- End of life decisions
- Exercise and other health promotion programs
- Grandparents raising children
- Grief, loss and loneliness
- Health insurance programs and long-term care insurance
- Home care services
- Home repair and modifications for accessibility
- Housing options (senior housing: low-income, moderate income, assisted living, continuing care communities, nursing facilities)
- How to talk to your doctors
- Long-term care facilities (nursing homes and assisted living)
- Medical services in our community
- Medication management
- Pets-on-Wheels (volunteers take pets to nursing homes)
- Medicare Part D
- Protection from neglect, abuse and exploitation of older adults
- Public benefits
- Public safety and individual safety
- Recreation services including adaptive recreation
- Social services
- Successful aging
- Support for care givers
- Tax relief for elderly and disabled
- Transportation services
- Volunteer opportunities

Or is there something else you are interested in?

**Now that you've chosen a topic, do you want brochures, a video/DVD, or a speaker?**

**Brochure Requests** – please answer the following questions:

- Number of copies needed?
- By when do you need the brochures?
- Do you also need alternative formats (large print, Braille, on tape)?
- A few brochures are available in other languages. If available, what language other than English do you need?

To arrange to receive free brochures, call the Area Agency on Aging, 703-324-7746, TTY 703-449-1186.

**Video/DVD Request** – please answer the following questions:

- Dates needed?
- What is the purpose of showing?
- Who will pick up and return the video?

To borrow a video/DVD, call the Area Agency on Aging, 703-324-7746, TTY 703-449-1186.

**Speaker Request** – Please answer the following questions:

- What specifically will the audience want to learn
- Number of anticipated attendees
- Who is the audience (range of ages, leaders, caregivers?)
- Date and time of event
- Time scheduled for speaker (beginning and end time)
- If the group's primary language is not English,
  - What is their primary language?
  - Will you provide an interpreter if we are unable to find a speaker who speaks that language?
- Location of meeting
- Is audio/visual equipment available?
- Do members of your group require any special accommodations (handouts in large print, for example)?
- What is the name, telephone number, and e-mail, if possible) of the person the speaker should talk to get more details?

Call the Area Agency on Aging, 703-324-5411, TTY 703-449-1186 to request a speaker for your organization. We will try to find a speaker for the time and date you choose, but this is not always possible. Please contact us well in advance so that we can have as much time as possible to make arrangements.

## **Online Information About Aging Services**

**You can get helpful information for seniors, and the people who care about them.**

### **County Web site**

The “Seniors” link on the Fairfax County Web site ([www.fairfaxcounty.gov](http://www.fairfaxcounty.gov)) will connect you with information about the vast array of services for seniors provided by county agencies. You can also link to our partner organization, SeniorNavigator.

### **SeniorNavigator**

The Web site, [www.seniornavigator.com](http://www.seniornavigator.com), provides information about resources available to seniors throughout Virginia. The information focuses on senior-related issues such as health and aging, financial concerns, legal questions, health facilities, assisted living and housing, exercise programs, support groups and more.

**Your organization can be listed at no charge in SeniorNavigator if it provides services to seniors. Call 1-866-393-0957 for more information.**



## **Need a Meeting Space?**

**Fairfax County has meeting spaces that can be used for senior groups. Here are the contacts to see if spaces are available.**

- **Senior Centers**

There are 12 county-sponsored senior centers. They operate five days per week from 9 a.m. - 3 p.m. Some of the centers have meeting rooms that can be used by other senior groups if the meetings are also open to participants of that particular senior center. There usually is no fee for use of the meeting rooms during weekdays. Contact Senior Services, 703-324-5528, TTY 703-222-9693.

- **Libraries**

Meeting space is available in county library branches for use by non-profit organizations and individuals. To arrange to use this space call your local library. There is no fee for use of these rooms.

- **Government Centers**

Meeting space is also available in some of the regional government centers. Call your member of the Board of Supervisors to determine if space is available. Not sure who to call? Contact the Clerk's Office at 703-324-3151, TTY 703-324-3903, to request the name of your Magisterial District Supervisor and the number of his/her district office.

## **Is Your Meeting Space Accessible?**

Wherever you hold your meeting, you'll want to be sure that all can attend. A way to make sure the space you've chosen is usable by people who have some physical difficulties, vision problems or hearing loss is to use the Meeting Accessibility Checklist developed by the Fairfax Area Disability Services Board. It is an easy to use list of what is needed to make your meeting open to all invitees, including those with disabilities.

The checklist is available at the following Web address:

[www.fairfaxcounty.gov/dsb/meetacc.htm](http://www.fairfaxcounty.gov/dsb/meetacc.htm).

## **Developing Your Senior Groups**

Fairfax County and local nonprofits can give you assistance developing recreation programs, reading groups, service projects, and advise you on recruiting and managing volunteers for your senior group. Fairfax County and local nonprofits can also help you find volunteers.

- **Help Developing Recreation Programs**

If your organization has its own meeting space and would like the county to assist you in developing recreation and health programming for your seniors, contact Senior Services, 703-324-5528, TTY 703-222-9693.

- **Help Developing Reading Groups**

The Fairfax County Public Library offers assistance in developing book discussion groups for seniors. For assistance, call 703-324-8380, TTY 703-324-8365.

- **Creating Community Service Projects**

If you are looking for volunteer activities for your senior groups, the Volunteer Coordinators at the Area Agency on Aging can help develop volunteer programs tailored to your needs. Contact the Area Agency on Aging, 703-324-5410, TTY 703-449-1186. Another resource to contact is Volunteer Fairfax, our local volunteer center at 703-246-3460 TTY 711. You can also view group opportunities online at [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

- **Recruiting Volunteers**

Many community programs are looking for the best ways to recruit and keep volunteers. County staff with expertise in volunteer management are available to provide consultation to your group. Contact the Area Agency on Aging, 703-324-5410, TTY 703-449-1186. Another resource to contact is Volunteer Fairfax, our local volunteer center, which presents an annual Volunteer Management Training Series at 703-246-3460.

- **Requesting Volunteers**

If you are in need of volunteers to work with you in your senior programs, Volunteer Fairfax may be able to help you. Visit [www.volunteerfairfax.org](http://www.volunteerfairfax.org) for more information on how to become a free member and post your volunteer opportunities online or call 703-246-3460 or email [volrus@volunteerfairfax.org](mailto:volrus@volunteerfairfax.org).

## **Become an Information Center for Seniors**

**If you'd like to be an information center for your seniors and you have a computer you can use for this purpose, Fairfax County can help you become a SeniorNavigator Center. There is no cost to you for becoming a SeniorNavigator Center.**

The Web site, [www.seniornavigator.com](http://www.seniornavigator.com), provides information about resources available to seniors throughout Virginia. Many seniors do not have computers and may not have the computer skills to research services at their local library. **If your organization becomes a designated SeniorNavigator Center, your staff can help seniors by doing the research for them.**

SeniorNavigator Centers are organizations throughout Virginia that provide free access to the SeniorNavigator Web site and help anyone do the searches for information if they are not familiar with doing web searches. SeniorNavigator is a Fairfax County partner.

Once you are trained and agree to be a SeniorNavigator Center, Fairfax County will include you in the information it distributes about SeniorNavigator so the community will know that you can help them find information. You will also receive (free) advertising materials and a poster telling people that you are a SeniorNavigator Center.

If you would like your organization to become a SeniorNavigator Center, a representative from SeniorNavigator will come to your office to train your staff on the features and functions of the Web site.

Find out more about becoming a SeniorNavigator Center by calling the Area Agency on Aging: 703-324-5425, TTY 449-1186.

## **Participate in County Senior Programs**

**Because your members look to you to know about seniors programs, you should know that your group members are invited to be part of other Fairfax County activities, including the county's senior centers, libraries, and adult day health care.**

- **Senior Centers**

Fairfax County invites individual seniors and groups of seniors to participate in the county's senior center programs and activities.

Senior centers provide recreation programs and activities, health seminars, trips, nutritious lunches, and transportation to and from the centers located throughout Fairfax County. The centers are free to county residents; however, donations are requested for lunches and there may be fees for special trips or activities.

All languages and nationalities are welcome. To get more information about involving your seniors in these programs, contact Senior Services, 703-324-5528, TTY 703-222-9693.

- **Senior Plus Program**

The Senior+ (Plus) program is based on a continuum of care and functions as a transitional service into Adult Day Health Care, or a gradual return to the independent environment of the senior center. The program serves seniors that may need a little extra assistance to remain in a senior center. Assistance may include health monitoring by and R.N., mental health services and activities that are modified to meet each clients needs. The Senior+ program is an inclusion program within the Herndon and James Lee Senior Center. For more information on the Senior+ program, please call 703-324-5532.

- **Adult Day Health Care**

Adult Day Health Care Centers are designed to provide services to frail seniors and adults with disabilities who need supervision during the day due to cognitive and/or physical impairment.

The program provides activities planned by a therapeutic recreational therapist, ongoing health assessment and monitoring by a registered nurse, assistance with personal care, transportation by FASTRAN, a nutritional snack, breakfast and lunch, and support services. The fees for service are based on a sliding scale.

To learn more about these programs, visit our Web site at [www.fairfaxcounty.gov/hd/adhc](http://www.fairfaxcounty.gov/hd/adhc) or contact the Long Term Care Coordinator at 703-246-8633.

- **Libraries**

The county also offers free library programs and services for seniors, including those with vision loss. Contact Access Services at 703-324-8380, TTY 703-324-8365.

## **What Are the Transportation Options For Your Seniors?**

**Fairfax County can give you information about the transportation services that seniors can use in Fairfax County. The county also offers buses for hire for group trips, and training for seniors on how to use public transportation. There are rides to medical appointments (using a sliding fee) and a discount cab program.**

- **Transportation Information for Group Participants**

Disability Services Planning and Development has a very helpful guide on public transportation options for people with disabilities that includes who can use the services, how to use them, the costs, and whom to call. You can receive a free copy of this guide, *Northern Virginia Transportation Services for People with Disabilities*, by calling 703-324-5421, TTY 703-449-1186 (TTY).

- **Transportation for Group Trips**

Fairfax County provides Fastran transportation for human service agency clients. Drivers are trained to assist people with disabilities.

Buses can be hired for senior trips weekdays between 10 a.m. and 2 p.m. Charter buses are also available during evenings and weekends. Buses hold up to 22 people. The hourly rate from pick-up to return drop off is \$51.52. For information, contact FASTRAN at 703-222-9764, TTY 711.

- **Learning to Use Public Transportation**

The Fairfax County Department of Transportation provides training for groups of seniors on how to use public transportation. Call Seniors-On-the-Go! at 703-324-1439, TTY 703-324-1102.

- **Rides for Medical Appointments**

FASTRAN provides Dial-a-Ride service for low-income residents to medical appointments and essential shopping Mondays through Fridays, 10 a.m. - 2 p.m. For information, call FASTRAN at 703-222-9764, TTY 711.

FASTRAN provides rides to recurring critical medical appointments (dialysis, chemotherapy, radiation, physical therapy). Fares vary by income. For information, call FASTRAN at 703-222-9764, TTY 711.

Transportation for Medicaid recipients to medical appointments is coordinated by Logisticare. Call 1-866-386-8331 to schedule a ride. For more information, call Logisticare at 703-707-6500, TTY 711. MetroAccess is the regional ADA paratransit system for those who cannot use Metrobus, Fairfax Connector, CUE, George or MetroRail services due to a physical or cognitive disability. For eligibility information, call 301-562-5361, TTY: 301-588-7535. To schedule rides, call 1-800-523-7009, TTY: 301-588-7535.

- **Discount Taxi Rides**

The Department of Transportation sells discounted taxi vouchers to seniors through the Seniors-on-the-Go! program. Contact Seniors-On-The-Go! at 703-324-1172, TTY 703-324-1102.

## **How to Apply for County Grants and Develop Proposals**

**Fairfax County can give you training in developing funding proposals and help with the demographic information required in many proposals. The county also has a funding program to help non-profit organizations address needs in the community.**

- **Grant Writing Instruction**

The county holds grant-writing training and business management classes for community non-profits. For information on this training, or to have your name added to the list to receive information about the workshops, please call 703-324-5551, TTY 711.

Grant-writing classes are also offered through Adult and Community Education, which publishes a list of classes. You can contact them at 703-227-2200, TTY 703-449-0634.

- **Demographics Information and Needs Assessments for Proposals**

The county collects demographic information that can be used when writing funding proposals. Aging demographics are available on the Web at [www.fairfaxcounty.gov/comm/demogrph/pdf/CAS\\_Seniors.pdf](http://www.fairfaxcounty.gov/comm/demogrph/pdf/CAS_Seniors.pdf).

The county has also done a number of needs assessments related to aging services. The Area Agency on Aging can help identify useful information. She can also help with demographic information if you do not have access to the Web. Contact the Area Agency on Aging, 703-324-5411, TTY 703-449-1186.

Demographic and needs assessment information on people with disabilities is available from Disability Services Planning and Development at 703-324-5421, TTY 703-449-1186.

- **County Grants to Non-Profits**

Fairfax County offers grants to non-profit 501(c)3 groups through a competitive process that takes place every two years. The program is called the Consolidated Community Funding Pool (or CCFP). The next opportunity to apply for grants will be in October 2007. You can have your organization's name added to the mailing list when the announcement is made requesting proposals by calling 703-246-5161, TTY 711



## Newspapers and Advertising

If you are looking for ways to let the public know about your senior group, Fairfax County can help. The county's senior newspaper is also available free to your members. You can reprint the county's articles in your newspaper.

- **Golden Gazette Newspaper**

The county publishes a monthly newspaper for seniors called the *Golden Gazette*. It includes information on county and community programs, health and insurance information, schedules of senior center activities, volunteer opportunities, and aging-related advertising. A large-print version is available for people with limited vision, and it is also available on tape. The paper is free.

To have someone's name added to the mailing list for home delivery, or to arrange for a number of copies to be delivered to your organization for distribution to seniors, call the Area Agency on Aging, 703-324-5632, TTY 703-449-1186.

**Advertising your organization:** To inquire about rates for advertising in this paper, call 703-324-5479, TTY 703-449-1186.

**Using Articles:** You are welcome to use articles from the *Golden Gazette* in your newsletters. We ask that you note the source of the article (from the *Golden Gazette*).

## **Classes for Your Participants**

The county offers many classes that might be of interest to your seniors. These include English language classes, citizenship classes, and classes through the Park Authority.

- **English Language Classes**

Adult and Community Education, through Fairfax County Public Schools, offers English for Speakers of Other Languages (ESOL). For more information, call 703-714-5560, TTY 703-449-0634.

Several senior centers offer English for Speakers of Other Languages (ESOL) classes at nominal cost. For more information, call 703-324-5528, TTY 703-222-9693.

- **Citizenship Classes**

Adult and Community Education, through Fairfax County Public Schools, sponsors classes for people who are preparing for their INS interview. For more information, call 703-714-5560, TTY 703-449-0634.

- **Park Authority Classes**

The Park Authority schedules classes especially for seniors at discounted rates. Information on these classes may be found in the *Parktakes* magazine, available at every public library and online at [www.fairfaxcounty.gov/living/parks](http://www.fairfaxcounty.gov/living/parks).

## **Support Groups for Your Participants**

**A support group is a group of people who meet regularly to discuss topics of concern, to share resources and provide mutual assistance. County agencies coordinate numerous support groups for county residents including groups for:**

- Caregivers of Older Adults
- Diabetes
- Grandparents and Other Relatives Raising Children
- Low Vision
- Parkinson's
- Stroke
- Widow/Widower

These support groups are scheduled at senior centers and library branches. Your group is welcome to participate. For more information, call Senior Services at 703-324-5528, TTY 703-222-9693 or 703-324-8380, TTY 703-324-8365.

## **Use the Library**

### **Fairfax County offers many services of interest to seniors**

The Fairfax County Public Library offers services through its 21 branches. Call 703-324-3100, TTY 703-324-8386 for branches and services, or visit the Web site at **[www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)**. Services include:

- Free access to the Internet including the ability to send e-mail if you have an account;
- Access to health and wellness information;
- Newspapers and books in other languages;
- Recreational reading and easy-vocabulary books for people learning to read English; and
- Classes in how to use computers and the Internet.

Contact the branch nearest you for class times.

## **Learn About Senior Housing**

**The county offers several senior housing options for people meeting income qualifications. Your group members may be very interested in getting more information.**

This information can be obtained by calling the office of Specialized Housing Programs. To learn more about these programs, contact Senior and Specialized Housing Programs, 703 914-0551, TTY 703-385-3578.



**Fairfax County is committed to a policy of nondiscrimination in all programs, services, and activities. This document will be provided in alternative formats, such as large print or Braille, upon request. Please call the Area Agency on Aging at 703-324-7746, TTY 703-449-1186. Please allow at least 7 days for preparation of the material.**